

LIVE WELL WORK WELL



Health and wellness tips for your work and life, presented by:



Know Your Numbers

Knowing your blood pressure, cholesterol, blood sugar and body mass index (BMI) are vital in determining whether you are at risk for developing major illnesses such as heart disease or diabetes.

Some risk factors you can't do anything about, but others you can treat, manage or control with the help of your healthcare provider. Those factors you can't change, like your family history, are still important when assessing your risk for heart disease and stroke.

- **Total cholesterol: 200 or less.** There are two kinds of cholesterol: low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is considered to be “bad” cholesterol, while HDL is your “good” cholesterol. Your HDL level should be above 60 and your LDL should be below 130.
- **Blood pressure: 120/80 or less.** The higher number—systolic pressure—indicates when the heart beats, and the lower number—diastolic pressure—is when the heart is at rest.
- **Blood sugar: 100 or less** (using a fasting plasma glucose (FPG) test). If your glucose levels are consistently too high (hyperglycemia) or too low (hypoglycemia), you can develop diabetes.
- **BMI: between 18.5 and 24.9.** BMI is regarded as the most useful tool to determine and classify obesity. It measures body fat according to height and weight and correlates with a person's risk of disease and death.

Monitor Your Rice Intake to Minimize Arsenic Consumption

Arsenic, an element from the Earth's crust that is naturally found in air and water, may not only cause cancer, but can also negatively affect a child's development and cause problems into adulthood. **Inorganic arsenic** is the type of arsenic that is associated with adverse health effects and the type of arsenic that is found in common foods and drinks, like rice and apple juice.

Rice has been found to absorb the highest amounts of inorganic arsenic when compared to other commonly eaten foods. Last April, the U.S. Food and Drug Administration (FDA) proposed a limit on the amount of inorganic arsenic to be allowed in infant rice cereal. The FDA, however, has not imposed action limits on other rice items.

Instead, the FDA and Consumer Reports recommend that adults and children eat a well-balanced diet for good nutrition and avoid consuming an excess of rice.

For further information and recommendations on how to safely keep rice in your diet, visit the FDA's Q&A page at www.fda.gov/Food/FoodbornellnessContaminants/metals

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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BASIC QUICHE

- 1 9-inch pie crust (baked)
- 1 cup broccoli, zucchini or mushrooms (chopped)
- ½ cup cheese (shredded)
- 3 eggs (beaten)
- 1 cup nonfat milk
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. garlic powder

PREPARATIONS

1. Preheat the oven to 375 F.
2. In a medium-sized skillet, cook the vegetables until fork-tender.
3. Put the cooked vegetables and shredded cheese into the prepared pie crust.
4. Mix the eggs, milk, salt, pepper and garlic powder together in a bowl. Pour mixture over the vegetables and cheese.
5. Bake for 30-40 minutes. Let cool for five minutes before serving.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	230
Total Fat	13 g
Protein	9 g
Carbohydrates	18 g
Dietary Fiber	2 g
Saturated Fat	5 g
Sodium	440 mg
Total Sugars	4 g

Source: USDA



Are You Getting Enough Calcium?

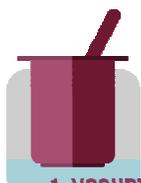
Calcium is the most abundant mineral in your body. Consuming enough calcium is critical for keeping your bones and teeth strong and for maintaining the function of your nerves, heart and muscles.

Failing to get enough calcium can stunt children's growth and can increase the risk of developing osteoporosis. The current recommended dietary allowance (RDA) by age group is as follows:

- **1-3 years**—700 mg daily
- **4-8 years**—1,000 mg daily
- **9-18 years**—1,300 mg daily
- **19-50 years**—1,000 mg daily
- **51-70 years**—1,000 mg daily (men) and 1,200 mg daily (women)

Please note that these RDAs reflect suggestions from the Office of Dietary Supplements at the National Institutes of Health. Your personal recommended calcium allowance may differ. Please consult your doctor to determine how much calcium you need in your diet.

TOP 10 CALCIUM-RICH FOODS



1. YOGURT



2. CHEESE



3. COW'S MILK



4. SOY MILK



5. SEAFOOD



6. DARK, LEAFY GREENS



7. BEANS



8. OATMEAL AND FORTIFIED CEREALS



9. TOFU



10. MOLASSES

SOURCE: LIVESTRONG.COM